

Wellness Policy

SMMUSD 2018



Background

- The Child Nutrition and WIC Reauthorization Act of 2004 mandated that all local education agencies participating in a federal meal reimbursement program establish a Local Wellness Policy.
- The California Department of Education requires school districts to review and update their Local School Wellness Policy for compliance with federal and state requirements.
- Requires specific stakeholders be permitted to participate in the development, implementation, and periodic review of the District's wellness policy.



Health and Safety DAC

- The Health and Safety DAC shall advise the district on health-related issues, activities, policies, and programs.
- The duties of the DAC may include the planning, implementation, and evaluation of activities to promote health within the school or community
- The Health and Safety DAC established an Ad Hoc committee comprised of staff, parents and community members in order to review BP 5030 and to propose a revised (new) policy.
- A key requirement is to include goals for student wellness.



Ad Hoc Committee

- Lora Morn RN
Coordinating School Nurse and
Wellness Policy Coordinator
- Susan Bronstein RN
Credentialed School Nurse
- Alyssa Ziman MD
Parent
- Steve Reifman
Credentialed Elementary Teacher
Nationally Board Certified Teacher
- Harriet Frazer
Parent
- Elizabeth Powell
Director, Food Services
- Rita Kachru MD
Parent
- Larry Sacco
Community Member
- Sean Allsot
(Former) Assistant Principal/PE
Teacher (secondary)
- Melina Pervan
Parent
- Evan Bartelheim
Director, Assessment, Research &
Evaluation



Board Policy 5030

- The Board of Education recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for district students.
- The Superintendent or designee shall coordinate and align district efforts to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment.
- In addition, the Superintendent or designee shall develop strategies for promoting staff wellness and for involving parents/guardians and the community in reinforcing students' understanding and appreciation of the importance of a healthy lifestyle.



Goals for Nutrition, Physical Activity, and Other Wellness Activities

- The Board shall adopt specific goals (see Exhibit 5030) for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. In developing such goals, the Board shall review and consider evidence-based strategies and techniques.
- The nutrition education program shall include information about the benefits of healthy eating for learning, disease prevention, weight management, and oral health.
- Nutrition education shall be provided as part of the health education program and shall be integrated into other academic subjects in the regular educational program, before- and after-school programs, summer learning programs, and school garden programs.



Goals for Nutrition, Physical Activity, and Other Wellness Activities

- All students shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through PE and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, summer learning programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.
- Professional development may be regularly offered to the nutrition program director, managers, and staff, as well as health education teachers, physical education teachers, coaches, activity supervisors, and other staff as appropriate to enhance their knowledge and skills related to student health and wellness.



Goals for Nutrition, Physical Activity, and Other Wellness Activities

- A safe, positive school environment is conducive to students' physical and mental health and thus prohibits bullying and harassment of all students, including bullying on the basis of weight or health condition.
- The Superintendent or designee shall encourage staff to serve as positive role models for healthy eating and physical fitness. He/she shall promote work-site wellness programs and may provide opportunities for regular physical activity among employees.



Nutrition Guidelines for All Foods Available at School

- For all foods and beverages available on each campus during the school day, the district shall adopt nutrition guidelines which are consistent with the objectives of promoting student health and reducing childhood obesity.
- Access to free, potable water in the food service area will be available during meal times and staff shall encourage students' consumption of water by educating them about the health benefits of water and by serving water in an appealing manner.



Nutrition Guidelines for All Foods Available at School

- All foods and beverages sold to students at district schools should support the health curriculum and promote optimal health. Food and beverages provided through student stores, vending machines, or other venues shall meet or exceed state and federal nutrition standards.
- School organizations shall use healthy food items that meet or exceed state and federal nutrition standards or use non-food items for fundraising purpose.
- School staff shall avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior.
- Parents/guardians or other volunteers shall support the district's nutrition education program by complying with nutritional standards when selecting any snacks which they may donate for occasional class parties. Class parties or celebrations shall be held after the lunch period when possible.
- The Board prohibits the marketing and advertising of foods and beverages that do not meet nutrition standards for the sale of foods and beverages on campus during the school day.



Program Implementation and Evaluation

- The site principals are responsible for ensuring that each school site complies with the district's wellness policy. They are supported by the Director of Food & Nutrition Services and the District's Coordinating Nurse.
- The assessment results of both the district and state evaluations shall be submitted to the Board for the purposes of evaluating policy and practice, recognizing accomplishments, and making policy adjustments as needed to focus district resources and efforts on actions that are most likely to make a positive impact on student health and achievement. An assessment will be done by the District at least once every three years.



Program Implementation and Evaluation

1. Descriptions of the district's nutrition education, physical education, and health education curricula and the extent to which they align with state academic content standards and legal requirements
2. An analysis of the nutritional content of school meals and snacks served in all district programs, based on a sample of menus and production records
3. Student participation rates in all school meal and/or snack programs, including the number of students enrolled in the free and reduced-price meals program compared to the number of students eligible for that program
4. Extent to which foods and beverages sold on campus outside the food services program, such as through vending machines, student stores, or fundraisers, comply with nutrition standards
5. Extent to which other foods and beverages that are available on campus during the school day, such as foods and beverages for classroom parties, school celebrations, and rewards/incentives, comply with nutrition standards
6. Results of the state's physical fitness test at applicable grade levels
7. Number of minutes of physical education offered at each grade span, and the estimated percentage of class time spent in moderate to vigorous physical activity
8. A description of district efforts to provide additional opportunities for physical activity outside of the physical education program
9. A description of other districtwide or school-based wellness activities offered, including the number of sites and/or students participating, as appropriate



Notifications

- Inform the public about the district's wellness policy
- Updates to the policy available to the public on an annual basis.
- Inform the public of the district's progress towards meeting the goals of the wellness policy, including the availability of the triennial district assessment.
- Distribute this information through the most effective methods of communication.
- Outreach to parents/guardians shall emphasize the relationship between student health and wellness and academic performance.



Exhibit 5030

- The Board of Education recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for District students. The Santa Monica-Malibu Unified School District (SMMUSD) recognizes that healthy children learn better. Fostering the social-emotional, physical, and academic growth of children is a key element of a comprehensive health and wellness program. Schools and communities play a critical role in promoting student health by teaching habits of lifelong wellness, modeling healthy behaviors, and providing a solid health curriculum.



Nutrition

- The SMMUSD Board of Education supports healthy eating which has a positive influence on students' overall physical health, emotional well-being, and academic achievement. Healthy, well-nourished children are more likely to attend school and better able to take advantage of educational opportunities. A supportive school nutrition environment provides access to healthy and appealing food, delivers a consistent message about the importance of healthy eating, and empowers students with the knowledge to make responsible choices.



Nutrition Goals

School meals and snacks (Food Services)

In 2015, over 24% of SMMUSD students qualified for the Free and Reduced Lunch Program. It is crucial that the district provide high quality, nutritious and appealing food choices.

- Goal: Create a task force to explore the possibility of forming partnerships with local businesses/organizations and increasing the purchase of locally sourced and sustainable food items.
- Goal: Students will consume their lunch during the designated lunch time.
 - Strategy: lunchtime schedules that promote an adequate amount of time for lunch.
- Goal: Food served at school will meet or exceed CA State and Federal nutrition guidelines, including vending machines, student stores, special events, classroom parties, fundraising, and other food sales.
 - Strategy: Students eating in the cafeteria will have access to both hot food items and the salad bar.
 - Strategy: Parents/guardians and families will be provided with information about CA State and Federal nutrition guidelines that pertain to food for classroom parties and fundraisers.
- Goal: Encourage staff to model healthy food and beverage choices for students.
- Goal: A district Registered Dietician will oversee and consult regarding all nutrition-related activities available to students.



Nutrition Goals

Marketing and promotion of food and beverages

- Goal: All advertising including signage will comply with all CA State and Federal nutrition guidelines.
- Goal: All food offered to students and/or used as a reward must comply with CA State and Federal nutrition guidelines.

Access to free drinking water

Goal: Designate drinking water stations (“hydration stations”) at physical activity areas, cafeterias, school entrances, and other key locations



Nutrition Goals

Food Allergies/Special dietary needs

- Goal: Develop a comprehensive and coordinated approach to protect the safety of students with food allergies and dietary limitations.

Healthy Breakfast

- Research demonstrates that students who eat breakfast perform better on tests, participate more actively in class, and show improved attendance in school.
- Goal: All students should have a healthy breakfast every day, either at home or at school.
 - Strategy: Encourage students who do not eat breakfast at home to eat a nutritious breakfast at school. Examples include providing breakfast at school by offering grab-and-go meals and second chance breakfast during nutrition or recess.



Nutrition Goals

School Gardens

- Goal: Encourage PTA's at all schools to develop and maintain a school garden that promotes agricultural literacy, sustainability, and healthy eating.
- Goal: Encourage parents/teachers/after-school programs to seek out opportunities and make school gardens a learning experience for all students.

Nutrition Education

- Goal: Encourage schools to provide K-12 instruction by utilizing the State Standards/Health Framework.
- Goal: Teachers will incorporate nutrition education in all subjects as appropriate.
- Goal: Provide ongoing professional development in nutrition education to SMMUSD teachers and staff.



Physical Activity (PA)

- Research demonstrates that physically active children are healthier and perform better academically. In addition, physical activity improves children's social and emotional well-being and enhances learning. The U.S. Department of Health and Human Services recommends that youth engage in a minimum of 60 minutes of physical activity each day. During the school day, physical education, recess and activity breaks give students a chance to be active. SMMUSD Board of Education encourages physical activity for all students and staff during and outside of school hours.



Physical Activity (PA)

Physical Education (PE)

In 2014, 15-20 % of SMMUSD students did not pass at least 4 of 6 state test fitness components, according to Santa Monica Youth Wellbeing Report Card.

- Goal: All students have access to daily (or equivalent) quality physical education. Time allotted for physical education activities will meet or exceed Ed Code requirements.
 - Strategy: A district-level credentialed physical education teacher will provide oversight and on-going training of physical activity specialists (elementary level).
 - Strategy: All students in secondary schools are taught by credentialed physical education teachers.



Physical Activity (PA)

- Goal: All students have access to a standards-based physical education curriculum:
 - Strategy: Provide daily (or equivalent) lessons linked to standards (limited or no “free play” days).
 - Strategy: Follow developmentally appropriate practices during each physical activity period that aligns with national and state recommendations and standards.
 - *Maximize time on task; minimize sitting/waiting.*
 - *Eliminate “elimination” games to maximize time for all students to participate.*
 - *Each physical education period should focus on at least one standard-based objective.*
 - *Each physical education period should be part of a larger unit of study or contribute to an important learning outcome.*
 - *Include non-competitive, non-traditional (e.g., dance, martial arts, yoga) options that encourage participation by all students.*



Physical Activity (PA)

- Goal: Physical activity programs will be carried out in a safe environment that reflects respect for body-size differences and promotes participation of both genders including LGBT and students of varying skill levels.
- Goal: Appropriate alternative activities will be provided for students with disabilities/limitations and those students with temporary injuries/illness that may restrict activity.
- Goal: Physical education staff shall adapt the type or amount of physical exercise required of students during inclement conditions such as air pollution and hot weather.
- Goal: Withholding PE/PA should not be used to make up classwork or for disciplinary purposes



Physical Activity (PA)

Accident/Injury Prevention/Facility Maintenance

- Goal: Students will have access to sports equipment that is maintained to promote safe sports practices. Sports fields, courts, lockers, and playgrounds will be maintained and upgraded if needed.
- Goal: Students will have access to drinking water at all times during PA.

Recess/Physical Activity

- Goal: Provide enough trained adults to enforce safety rules and prevent accidents/injuries and bullying behaviors.
- Goal: Encourage structured physical activity with an emphasis on supervision, turn-taking and rule-following.

Activities outside of school hours

- Goal: School staff will encourage the school community to participate in activities and programs outside of school that promote a healthy and active lifestyle.
 - Strategy: Schools should promote community programs by posting information on school websites, publications and signage at the school sites.



Safe School Environment

Safe Routes to School Program

The District shall promote strategies to improve student safety along routes to school while encouraging walking, bicycling and other forms of active transport to school.

- Goal: Provide educational activities that promote safety and awareness.
 - Strategy: Instruct students about pedestrian, bicycle, and personal safety, including distractions associated with cell phones/technology.
 - Strategy: Instruct students about the health and environmental benefits of walking, bicycling and other forms of active transport.
 - Strategy: Inform students who bicycle to school or who use skateboards, skates, and non-motorized scooters about wearing helmets in accordance with Vehicle Code 21212. Post signage adjacent to bike racks/storage locations regarding helmet laws.



Safe School Environment

- Goal: Generate interest in active transport to school.
 - Strategy: Encourage parent organizations to coordinate ongoing activities such as “Walking School Buses” and “Bike It/Walk It Day”.
 - Strategy: Publicize information via SMMUSD websites about safe bus, bike, walking, metro, and driving routes to district schools.
 - Strategy: Identify storage locations for bikes, skateboards etc.
- Goal: All schools will have a system to ensure safe drop off and pick up by consulting with local community agencies such as law enforcement and public transportation agencies as needed.



Safe School Environment

Violence Prevention

Youth violence can take different forms, such as fighting, bullying, threats with weapons, and gang-related violence. Youth violence is the leading cause of death and injuries among youth between the ages of 10 and 24 in the United States. Research demonstrates it is possible to prevent youth violence. The Superintendent or designee shall help prevent youth violence by following the CDC recommendation and implementing “Taking Action to Prevent Youth Violence.

- Goal: Sexual assault prevention education programs in all secondary schools.
- Goal: Schools will implement research-based bullying prevention programs.
 - Strategy: Adopt a district-wide anti-bullying program that will be taught in primary schools and then reinforced in the secondary schools.
- Goal: Schools will be encouraged to implement anger management education programs.
- Goal: Educate students, staff and parents/guardians about different types of youth violence and avenues for reporting youth violence within the school.



Safe School Environment

Suicide Prevention

Suicide is a major public health consequence that is the 2nd leading cause of death among youth between the ages of 10 and 24.

- Goal: Develop suicide prevention programs and collaborate with outside agencies as needed.
- Goal: Develop a protocol and training for staff that includes helping students who may be at risk for suicide, how to respond to students who attempt suicide, and steps to take after the suicide of a student or member of the school community.
- Goal: Educate students, staff and parents/guardians in secondary schools about suicide and avenues for reporting concerns about a student who may be at risk for suicide.



Health Education

A well-developed health education program integrates the physical, mental, emotional and social aspects of health. It educates students on risk reduction behaviors, health promotion, and disease prevention. A strong health education curriculum has been shown to decrease absenteeism, improve academic success and create lifelong positive health knowledge, attitude and behaviors among students. The Superintendent or designee shall adopt and implement a health curriculum that is based on the State Standards/Health Framework in K-12.

- Goal: Adopt a comprehensive health education curriculum in grades K-12.
 - Strategy: Use CA State Standards/Health Framework-to develop a research- based approach as the foundation for sequential, age-appropriate health instruction.
 - Strategy: Identify and collaborate with relevant community and health agencies.
 - Strategy: Cultivate meaningful parent involvement in health education.
- Goal: Implement the California Healthy Youth Act: Comprehensive Sexual Health Education & HIV Prevention Education.



Health Services/Emotional Wellbeing

The Superintendent or designee shall strengthen and expand existing mental and physical health services in all schools. Schools will encourage staff well-being by fostering a culture of health among all staff in which healthy behaviors are supported and encouraged both at school and at home.

- Goal: Develop comprehensive multidisciplinary wellness centers at district schools.
- Goal: Each school will have a credentialed school nurse and mental health professional available to all students.
- Goal: The District will enhance relationships with community partners.
- Goal: Implement programs and practices that help reduce staff stress and boost morale, productivity and effectiveness in the workplace.



Evaluation

- Evaluation to assess progress toward program goals will include:
- Gathering and interpreting data based on indicators in the Wellness Policy annually.
- Presenting data to the School Board and public.
- Recommending program modifications as needed.
- Complying with posting requirements.



Thank You!

- Thank you to all that had input on this Wellness Policy
- The Health and Safety DAC, the Ad Hoc committee
- Dr. Mark Kelly and Mrs. Tara Brown